

ULTIMATE GOALIE TRAINING

***INTRODUCTION,
GOAL SETTING
& TESTING***

IRON&ICE
HOCKEY TRAINING

by Maria L. Mountain, MSc

ULTIMATE GOALIE TRAINING

THE FIRST ONLINE TRAINING PROGRAM DESIGNED
SPECIFICALLY FOR HOCKEY GOALIES!

INTRODUCTION, GOAL SETTING & TESTING

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Disclaimer:

The exercises described in the following program are intended for skeletally mature athletes with a foundation of strength training experience. Do not attempt this program if you are new to strength training. The video and descriptions are for demonstration purposes only. If you are not familiar with perfect technique for any exercise, then consult with a certified strength and conditioning coach for instruction. Failure to do so may result in serious injury. Neither Revolution Sport Conditioning nor Maria Mountain shall be liable to anyone for use of any of these exercises or drills.

It is recommended that you receive medical clearance from your health care provider prior to beginning any new exercise program.

“Since I started training with Maria, I’ve noticed significant improvement on the ice. Maria’s program improved my strength, power, speed, agility, flexibility and conditioning. Her extensive background in kinesiology has enabled her to identify and correct my muscular imbalances, allowing me to perform injury free. Maria is able to provide intense sport-specific workouts, while giving special attention to technique. Athletes at all levels can improve their performance with Maria’s functional training programs.”

-Andy McDonald
Stanley Cup Champion

INTRODUCTION

If you are a goalie (and hopefully you are if you are reading this training blueprint), then you know that your teammates, your coaches, even your parents and spouse think you are a little odd. Don't take offense, if you think about what your job is – stand in front of this hard-as-rock disc of rubber and try to stop it as it is flying toward your face at speeds over 100mph. At some point, you said to yourself, “hey, that looks like fun”! So you are a little weird. Having said that, I love training goalies, your position is so complex and the goalies who I have trained have all been ready and willing to work hard.

“think about what your job is – stand in front of this hard-as-rock disc of rubber and try to stop it as it is flying toward your face at speeds over 100mph.”

My first product, the Hockey Strong Training System focused on the off-season needs of skaters, but I found that more and more goalies were emailing to ask training questions, so I am taking my best training strategies that I have successfully used with NHL, European Pro and amateur goalies to create this **training blueprint**. My goal with the program is to deliver the most bang for your buck. I know you do not have hours and hours to slave

away in the gym, so here is the bare minimum you need to be doing if you want to repel more pucks and steal more games for your team.

Do you believe you can be a better goalie in six weeks than you are right now? Or do you think you have tapped out your athletic potential already? Are you happy to be the back up or do you want to win the starter's role? Do you want to finish your AAA career and be done with competitive hockey or do you want to play in the OHL, College or pro ranks one day? Well, let's see what you've got. You do not have to wait until the off-season. Follow every detail of this Ultimate Goalie Training system and you will be a better goalie in six weeks than you are today – GUARANTEED!

Remember, there is a vast difference between going through the motions and training. You must show up every day ready to *train*. Those who fail to complete the program with the technique, focus, intensity or consistency required will fail to see the benefits to their performance.

This 6-week program is intended for those with a base of training. It is an advanced program aimed at improving your mobility, stability, strength and speed to both maximize performance and reduce the risk of injury.

For details contact: info@revolutionconditioning.com.

THE PILLARS OF THIS ULTIMATE GOALIE TRAINING SYSTEM ARE:

- **FUNCTIONAL MOVEMENT**
 - To perform effectively in sport you must be able to use your muscles in a functional manner; the *Ultimate Goalie Training system* trains movements with compound exercises. In a few cases we may supplement with isolation exercises to train specific muscles, but there will be NO biceps curls in this program.
- **GROUND BASED TRAINING**
 - The *Ultimate Goalie Training system* includes training from a weight bearing position with both feet on the floor. This helps the hockey player to use his/her strength and stability from the legs, hips and trunk to apply force or move efficiently.
- **SPECIFIC ENERGY SYSTEM TRAINING**
 - Steady state, low intensity training builds low intensity hockey players. Since a goalie needs to be able to complete repeated explosive movements, this type of training will not be included in the *Ultimate Goalie Training system*. It may be used as a form of active recovery, such as a flush ride, but will not be used to train goalie specific energy systems. The *Ultimate Goalie Training system* will utilize speed, agility & quickness (SAQ) training in different ratios to develop the cardiovascular system of each player.

- TECHNICAL PERFECTION
 - Technical perfection for each exercise far outweighs the importance of the load lifted. Lifting heavy loads with poor technique has two drawbacks:
 - Exposing the athlete to a risk of injury;
 - Teaching the athlete to use compensatory patterns rather than working the target muscles.

- BENCH MARK TESTING
 - Monthly testing will help you monitor your progress.

GOAL SETTING – if you don't know where you are going, how will you know when you get there?

What are your greatest strengths as a goalie?

What do you need to improve the MOST to be a more effective player? Be specific.

Do you currently have any injuries, or have you had any injuries in the past 3 seasons?

Yes No

If you answered "Yes" – are the injuries completely resolved?

Yes No

If you answered "No" – then you should seek assistance from a qualified sport physiotherapist or related health care provider to get at the root cause of you issue. Adding strength to a dysfunction creates injury.

What are your primary goals for the season?

What are you willing to do to achieve this/these goals? (Do not answer "anything possible")

ATHLETE CONTRACT

I _____ commit to taking the following steps to ensure that my hockey training is a success:

THIS IS A CONTRACT – ONLY CHECK OFF THE STRATEGIES THAT YOU ARE 100% COMMITTED TO.

- Complete 95% of all scheduled workouts.
- Arrive at the gym every day prepared to work.
- Provide full attention to executing each exercise with perfect training technique.
- Complete all supplemental training assigned such as mobility, stability and supplemental energy system training if required.
- Seek medical attention for any possible injuries developing.
- If unsure of proper technique for any exercise I will hire a professional strength coach to provide expert instruction.
- Get 8 hours of sleep per night 6 out of 7 nights per week.
- Eat every 3-4 hours.
- Choose quality food to eat for each meal based on the guidelines provided in this manual. In exchange I will get one “cheat” day per week.
- Other: _____

Signed: _____ Witnessed: _____

Date: _____ Date: _____

BENCHMARK TESTING – PRIOR TO BEGINNING THE WORKOUTS

Athlete: _____ Date: _____

Muscular Strength/Endurance/Power

Test	Previous Best	Current Test
Chin Ups		
Core Plank & Hold		
St. Long Jump		

Anaerobic Capacity

Test	Previous Best	Current Test
300 yd Shuttle		

Chin-Ups – Only count reps from full hang to nose over the bar.

Core Plank & Hold – You must maintain a perfect core plank position. At the first sign of failure, stop the test. You can tell when your muscles are starting to fail by watching your hips – they will either sag down or lift up.

Standing Long Jump – This is a measure of leg power. Measure how far forward you can jump in one jump.

300 yd Shuttle – This is a measure of your anaerobic fitness. Measure out 25 yards. Run there and back six times. Rest 5 minutes and repeat test. Record time for each trial.

BENCHMARK TESTING – AFTER WEEK #4

Athlete: _____ Date: _____

Muscular Strength/Endurance/Power

Test	Previous Best	Current Test
Chin Ups		
Core Plank & Hold		
St. Long Jump		

Anaerobic Capacity

Test	Previous Best	Current Test
300 yd Shuttle		

Chin-Ups – Only count reps from full hang to nose over the bar.

Core Plank & Hold – You must maintain a perfect core plank position. At the first sign of failure, stop the test. You can tell when your muscles are starting to fail by watching your hips – they will either sag down or lift up.

Standing Long Jump – This is a measure of leg power. Measure how far forward you can jump in one jump.

300 yd Shuttle – This is a measure of your anaerobic fitness. Measure out 25 yards. Run there and back six times. Rest 5 minutes and repeat test. Record time for each trial.

BENCHMARK TESTING – AT THE END OF WEEK #8

Athlete: _____ Date: _____

Muscular Strength/Endurance/Power

Test	Previous Best	Current Test
Chin Ups		
Core Plank & Hold		
St. Long Jump		

Anaerobic Capacity

Test	Previous Best	Current Test
300 yd Shuttle		

Chin-Ups – Only count reps from full hang to nose over the bar.

Core Plank & Hold – You must maintain a perfect core plank position. At the first sign of failure, stop the test. You can tell when your muscles are starting to fail by watching your hips – they will either sag down or lift up.

Standing Long Jump – This is a measure of leg power. Measure how far forward you can jump in one jump.

300 yd Shuttle – This is a measure of your anaerobic fitness. Measure out 25 yards. Run there and back six times. Rest 5 minutes and repeat test. Record time for each trial.

BENCHMARK TESTING – AT THE END OF WEEK #12

Athlete: _____ Date: _____

Muscular Strength/Endurance/Power

Test	Previous Best	Current Test
Chin Ups		
Core Plank & Hold		
St. Long Jump		

Anaerobic Capacity

Test	Previous Best	Current Test
300 yd Shuttle		

Chin-Ups – Only count reps from full hang to nose over the bar.

Core Plank & Hold – You must maintain a perfect core plank position. At the first sign of failure, stop the test. You can tell when your muscles are starting to fail by watching your hips – they will either sag down or lift up.

Standing Long Jump – This is a measure of leg power. Measure how far forward you can jump in one jump.

300 yd Shuttle – This is a measure of your anaerobic fitness. Measure out 25 yards. Run there and back six times. Rest 5 minutes and repeat test. Record time for each trial.

ABOUT THE COACH...



Maria Mountain, MSc is the owner of Revolution Sport Conditioning located in London, Ontario, Canada. Since starting out as a fitness coach in 1994, Maria has developed a reputation for helping athletes perform at the highest level in their chosen sport.

She has shared her expertise with collegiate athletes as the head strength coach to both men's and women's hockey, basketball, volleyball and track and field teams. You have seen some of Maria's clients competing at the Olympics, in the NHL, MLB, AHL and CFL. Her career highlights include watching her client Andy McDonald hoist the Stanley Cup for the Anaheim Ducks and seeing Jeff Francis pitch for the Colorado Rockies in the World Series final.

Her goal is to help athletes perform and win at the very highest level by designing effective training systems that will also reduce the athlete's risk of injury leading to a long and productive career.

www.revolutionconditioning.com

www.hockeytrainingpro.com

www.urbanfitnesscoach.com